

ISSUES AND PROGRAMS LIST

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: July 1, 2019

During the past quarter, the issues shown below were significant to our community. We ran the programs indicated to address them. See 73.3526(a)(9) or 73.3527(a)(7). (Retain for seven years from above.)

ISSUE: Suicide and Overwhelmed Children

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today

Date: 4/5/19

Time of day: 8:00 AM + 9:00 PM

Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Suicide is the #3 cause of death for children ages 12-20. Author Kay Wills Wyma gave ideas for parents to help their children to reduce the stress from our culture's pressures on them to achieve, to perform perfectly, and be good at everything. Resource Books: *Just too Busy*, by Joanne Kraft, and *Not the Boss of Us* by Kay Wills Wyma. Website: kaywyma.com. Program podcasts and other resources are available at: www.familylifetoday.com

ISSUE: Frustrated Parents, Frustrating Kids

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today

Date: 6/10-12/19

Time of day: 8:00 AM + 9:00 PM

Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Guests Amber Lia and Wendy Speake talked about some of the 31 triggers that can provoke a mom to lose her cool. They gave wise advice to parents about becoming a kinder, more effective parent. Resource book by Amber Lia: *Parenting Scripts: When What You're Saying Isn't Working*. Parenting blog by Amber Lia: MotherofKnights.com. Program podcasts and other resources are available at: www.familylifetoday.com.

ISSUE: Finances: Getting Out of Debt

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Moneywise

Date: 6/26/19

Time of day: 2:30 PM

Duration: 25 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Host Rob West gave strategies for getting out of debt. He also answered caller's questions about finances. Program podcasts and other resources are available at: www.Moneywise.org or by calling 1-800-525-7000.

ISSUE: Finances in Marriage: Landmines to Avoid

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Moneywise

Date: 6/28/19

Time of day: 2:30 PM

Duration: 25 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Steve Moore and Rob West discussed Art Rainer's book *The Marriage Challenge: A Finance Guide for Married Couples*. Gave pitfalls to avoid and financial keys to strengthen marriage. They also answered caller's questions about Social Security, credit cards, and etc. Program podcasts and more resources are available at: www.Moneywise.org.

ISSUE: Addictions

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): American Indian Living

Date: 6/11/19

Time of day: 4:00 PM

Duration: 58 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Drug and alcohol addiction are nationwide problems, affecting people of every demographic group. New medical therapies are available that can help with addiction treatment. Dr. David DeRose interviewed guest Brady Granier, RN, BSN, about an addiction treatment program developed by BioCorRx that offers new help for those with alcohol and narcotic addictions. For information contact: www.beataddiction.com. Program podcast at: www.LifeTalk.net/podcasts

ISSUE: Environment, Biodiversity & Health

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health and Longevity

Date: 4/26/19 & 4/28/19

Time of day: 4 PM (4/26/19) & 2 PM (4/28/19)

Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Dr. John Westerdahl interviewed Irana W. Hawkins, PhD, about biodiversity in the food system. Dr. Hawkins (a Registered Dietitian Nutritionist, environmental nutritionist, a Native Plant Steward, and a Master Recycler-Composter) shared the importance of eating a plant-based diet and explained why the healthiest foods should come from and contribute to the healthiest ecosystem. Dr. Hawkins is editor of the book *Promoting Biodiversity in Food Systems*. Hear program podcasts at www.LifeTalk.net. Resources at www.HealthandLongevityRadio.com.

ISSUE: Health and Peace of Mind

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health and Longevity


Date: 6/21/19 & 6/23/19

Time of day: 4 PM (4/26/19) & 2 PM (6/23/19)

Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Dr. John Westerdahl interviewed Gerald Jampolsky, MD, founder of the Centers for Attitudinal Healing International (AHI) and Diane Cirincione, Ph.D., psychotherapist, about the power of forgiveness in health and longevity. They discussed how to learn the skills of forgiveness and how practicing forgiveness can lead to improved health and wellness. Dr. Jampolsky is the author of the book, *Forgiveness: The Greatest Healer of All*. Podcast: www.LifeTalk.net.


Signature of licensee
BBO3/13F6/0595

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